

SENIOR CITIZENS ADVISORY BOARD

DOROTHY CARMICHAEL
ELISA GERALDI
BILL GOFF - Chair
LORETTA GROULX

KEN KREISEL - AARP
ARLAND SPONSER - San Bruno Senior Citizens Club
BARBARA LUZAICH - Nutrition Program
KAREN HORNING - Treasurer

MEETINGS

SPECIAL EVENTS - First Monday - 1:15
NUTRITION SITE COUNCIL OF SAN BRUNO - First Tuesday - 8:30
SENIOR CITIZENS ADVISORY BOARD - Third Tuesday - 8:30 - Public is Invited
PROGRAM COMMITTEE - Second Monday - 10:00
PARKS & RECREATION COMMISSION - Third Wednesday - 6:30 pm - City Hall Room 110
AARP BOARD MEETING - Third Thursday - 9:00 - 10:30
AARP GENERAL MEETING - Second Saturday - 9:00 - 12:00
VOLUNTEER COMMITTEE - Meets As Needed

OUTREACH SERVICES

Susan McCaman **650-616-7155** is available to assist and answer any questions about senior health care, transportation, employment, respite care, tax assistance, insurance, Social Security, housing etc. If you know someone who can use assistance or support, call Susan Mon/Tues/ Fri - 8:00 - 2:00 or Wed/Thurs 8:00 - 3:00.

SM County Adult Protective Information/ Referral 24 hour phone service is available with Social Workers to advise and assist you - Phone 1-800-675-8437.

www.sanmateo.networkofcare.org

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM

Service is available by appointment. A counselor will help with claims, denial of payment, denial of service, legal assistance, long term care insurance, MediCal, Medicare and Medicare Supplemental Insurance. 1-800-434-0222

FAMILY HEALTH SERVICES RESOURCE LINE

Call 1-888-840-0889 for information.

COPING WITH CHANGE AND LOSS SUPPORT GROUP

Meets Thursdays 1:00 pm - Call Beth Meyers to join the group: 650-355-8787

THE NUTRITION AND TRANSPORTATION PROGRAMS

ARE SPONSORED IN PART BY THE AREA AGENCY ON AGING

TRANSPORTATION TO SENIOR CENTER - CALL 650-616-7150 - Donation: \$1.00/RIDE

TRANSPORTATION IS PROVIDED IF YOU CALL AT LEAST 24 HOURS AHEAD

TRANSPORTATION TO SENIOR CENTER FROM EL CAMINO OR SB BART

Call 650-616-7150 for pick up. Return 12:45 & 3:00 Mon/Wed/Friday + 12:45 Tues/Thursday.

PHONE NUMBER FOR "MEALS ON WHEELS" -1-800-675-8437

GROCERY SHOPPING TRANSPORTATION - San Bruno residents 50+ years of age.

For more information pertaining to qualifications or for volunteering, call Susan McCaman 650-616-7155

LIBRARY - Visit our Public Library or

Check out your favorite books from the Senior Center Conference Room Library

The San Bruno Public Library offers outreach service for people living in San Bruno. This service includes delivery and pickup of library materials if you are unable to get to the library yourself. Please contact the Library at (650) 616-7078 for info.

JOB AND VOLUNTEER OPPORTUNITIES

Family Services Agency provides Employment Services for SM County residents 55 or older. 650-403-4300 EXT. 4369. The San Bruno Senior Center thrives on Volunteer Power. Let the receptionist know that you are interested in volunteering - complete the Senior Center Volunteer Application - and work with staff to find your perfect job.

MINOR HOME REPAIR PROGRAM FOR HOMEOWNERS - Sorry, no painting

Call 650-583-3373 North Peninsula Neighborhood Services for qualifications.

HOMESHARING AS AN OPTION

Extra income, security and companionship are the benefits to sharing your home and keeping independence. HIP Housing's Homesharing Program may be able to help YOU find a suitable housemate. Call HIP 650-348-6660